



Amendments to the Specification

Please replace paragraph 1, beginning with line 3, with the following amended paragraph.

In Fig. 1, a stack 10 of weights 10a is adapted to be raised and lowered by a rope or cable 11. A user may grasp and pull at 12 to exert force on the cable, which may pass over rollers 13. The weights extend transversely. A lateral support 14a supports the weight stack. A connector [[16]] 16' extends upwardly from the center of the support, and is joined at 17 to the rope or cable, whereby the weight stack may be centrally raised and lowered via force exertion on the rope or cable.

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Please replace paragraph on page 7, beginning with line 16, with the following amended paragraph.

Multiple cords, for example three resiliently stretchable cords 22 have their lower ends 22a releasably attached or connected, as by hooks 23 to a horizontal member supported on a base 15, the cords being close to the upright guide 20. A bracket 16 supports the upper ends of the cords, which allows their upward stretching, from the position shown. The bracket is attached at 16a to frame [[17]] 18.

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Please replace paragraph on page 11, beginning with line 12 and continuing to page 12, line 1, with the following amended paragraph.

Multiple yieldably stretchable cords 87 have lower ends 87a connected to the base 80 as via transverse shaft 98 on which cord lower end rings 88 are slidably received. The cord upper ends 87b selectively and individually have releasable connection to the mover. Such releasable connections includes rings 89 or similar connections connected to the cord upper ends 87b. The rings are selectively transferable onto a first lateral projection 81a associated with or carried by the mover 81, whereby when the mover moves upwardly, those cords now being connected to projection [[90]] 81a are stretched upwardly to resist such upward displacement. The mover 81 is shown as carried at [[67]] 86 by the weight stack. Carrier 86 may be considered as a connector slidable upwardly with the stack 85.